

Quick and Easy Pasta Salad



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PREP TIME: 10 min **COOKING TIME:** 12 min **SERVES:** 6 as a side **DIFFICULTY:** Easy

Ingredients

2 ½ cups dried spiral pasta
½ red capsicum finely diced
1 stick celery thinly sliced
3-4 red radish, thinly sliced
2 green onions, sliced
½ cup finely shredded kale

DRESSING

2 tablespoons whole egg
mayonnaise
2 teaspoons Dijon mustard
1 ½ tablespoons white wine
vinegar
2 tablespoons chopped
chives

Method

1. Cook pasta according to packet instructions until al dente. Drain and rinse with cold water until cool.
2. Transfer to a salad bowl and stir through capsicum, celery, radish, green onion and kale.

DRESSING

1. Combine dressing ingredients and stir through pasta salad until evenly coated. Refrigerate or serve immediately.

Notes

- It is easier to coat the pasta salad while at room temperature. Refrigerate only once the dressing has been added.
- Substitute any of the vegetables with allowable fresh vegetables.
- Replace kale with wild roquette or baby spinach leaves.

**This recipe is suitable
for everyone with
kidney disease.**

Nutritional profile per serve

Energy	955kj
Protein	7g
Carbohydrate	34g
Fibre	3g
Sodium	92mg (low)
Potassium	208mg (low)
Phosphate	106mg (take a phosphate binder with this meal if you are prescribed them)

Find more awesome recipes and nutrition information at [kidney.org.au/diet-nutrition](https://www.kidney.org.au/diet-nutrition)